

Scheme of Work

Word Box: un/healthy, un/well, ill, drug, medicine, tablet, injections, inhaler, adult, stranger, doctor, nurse, dentist, hospital

Programme of Study
Core Theme 1:
Health and Wellbeing

- 1. What is meant by a healthy lifestyle
- 8. to identify different influences on health and wellbeing
- what constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health
- that household products, including medicines, can be harmful if not used properly
- about people who look after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them

Learning Intentions and Learning Outcomes

Learning Intention
To identify how to stay healthy

Learning Outcome
To understand how to look after our bodies

Learning Intention
To explore when and how to take medicines safely

Learning Outcomes
To know how medicines get into our bodies
To know why people use medicines
To understand that some people need to take medicines all the time to stay healthy

Learning Intention
To identify who should be able to give us medicine

Learning Outcomes
To know when we should take medicines and who should give them to us.
To know the rules about medicines

Lesson Title

Lesson 1
Staying Healthy

Lesson 2
Medicines

Lesson 3
Who Gives Us Medicines?

Resources

Talking Object
[Healthy and Unhealthy signs](#)
[Staying Healthy pictures](#)
String, pegs

[Medicine Facts Teacher Guide](#)
Talking Object
[Medicine pictures](#)
[Staying Healthy pictures](#)
A1 sheet of paper and pens
Talking Ball
Additional Activities
<http://www.monkeywellbeing.com/>

[Medicine Facts Teacher Guide](#)
Talking Object
[People Who Help Us photo cards](#)
[Finger Puppets](#)
A positive story about medicines, for example:
Little Whistles Medicine, Cynthia Rylant
All Better Now, Joy Masoff
Harry and the Robots, Ian Whybrow

Scheme of Work

Word Box: safe, unsafe, dangerous, liquid, symbol, hazard, alcohol, cigarettes, matches, lighter, risky

Programme of Study
Core Theme 1:
Health and Wellbeing

3. How to manage risks to physical and emotional health and wellbeing

4. ways of keeping physically and emotionally safe

that household products, including medicines, can be harmful if not used properly

rules for and ways of keeping physically and emotionally safe (including safety in the environment)

Learning Intentions and Learning Outcomes

Learning Intention
To explore substances and situations that are safe or unsafe

Learning Outcomes
To know what is safe or unsafe
To know when something is too risky

Learning Intention
To be able to identify some hazardous substances

Learning Outcomes
To know that some things we put into our bodies can harm us
To know some rules about keeping safe

Learning Intention
To consider safety rules for at home and at school

Learning Outcome
To be able to follow safety instructions and rules at home and at school

Lesson Title

Lesson 1
[Risk](#)

Lesson 2
[Hazardous Substances](#)

Lesson 3
[Safety Rules](#)

Resources

Talking Object
[Safe and Unsafe Situations cards](#)
[Risk and No Risk signs](#)

Talking Object
Selection of household items and cloth to cover them
A large box and a selection of empty bottles
[Hazard symbols](#)

Hazards in the Home [Posters](#)

Sticky Dots / Dry Wipe Markers

Scheme of Work

Word Box: smoking, tobacco, cigarette, lung, cough, passive, effect, benefits, law, second hand, quitting, pressure, toxic, chemicals, addictive

Programme of Study Core Theme 1: Health and Wellbeing

1. What is meant by a healthy lifestyle
2. how to maintain physical, mental and emotional health and wellbeing
6. how to make informed choices about health and wellbeing and to recognise sources of help with this
8. to identify different influences on health and wellbeing
 - which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety,
 - how to make informed choices
 - what positively and negatively affects their physical, mental and emotional health

Learning Intentions and Learning Outcomes

Learning Intention
To consider smoking and its effects

Learning Outcomes
To know how smoking affects people
To consider why people smoke

Learning Intention
To understand the impact of smoking and passive smoking

Learning Outcomes
To know some of the effects of smoking on the body
To know about passive smoking

Learning Intention
To know some strategies to prevent starting smoking

Learning Outcomes
To know the rules and laws to prevent smoking
To be able to make the positive choice not to smoke

Lesson Title

Lesson 1
[Why People Smoke](#)

Lesson 2
[Physical Effects of Smoking](#)

Lesson 3
[No Smoking](#)

Resources

[Smoking Facts Teacher Guide](#)
[Traffic Light cards](#)
[Tobacco pictures](#)
[No Smoking symbol](#)
Balloon
[People Smoking pictures](#)

[Smoking Facts Teacher Guide](#)
Talking Ball
Word Storm list from Lesson 1, Activity 4
[Body Template](#)
[No Smoking symbol](#)
[True / False Quiz](#)
Additional Activities
[Recovery Timeline cards](#)

[Smoking Facts Teacher Guide](#)
[Smoking Scenarios](#)

Additional Activities
<http://gosmokefree.nhs.uk/ways-to-quit/>
<http://www.quit.org.uk/PrimaryResourcePack.pdf>
<http://ks2.smokesnojoke.org.uk/>

Scheme of Work

Word Box: alcohol, drink, legal, illegal, unit, volume, media, advertising, choice, vomit, unconscious

Programme of Study

Core Theme 1:
Health and Wellbeing

1. What is meant by a healthy lifestyle
 2. how to maintain physical, mental and emotional health and wellbeing
 6. how to make informed choices about health and wellbeing and to recognise sources of help with this
 8. to identify different influences on health and wellbeing
- which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety,
- how to make informed choices
- what positively and negatively affects their physical, mental and emotional health

Learning Intentions and Learning Outcomes

Learning Intention

To understand the effect alcohol has on the body

Learning Outcomes

To know what alcohol is and how it affects the body
To understand that everyone will be affected differently by alcohol

Learning Intention

To understand the risks related to drinking alcohol

Learning Outcome

To know there are risks to drinking alcohol

Learning Intention

To consider how society limits the drinking of alcohol

Learning Outcomes

To know some laws about drinking alcohol
To consider ways of persuading people to drink alcohol sensibly

Lesson Title

Lesson 1
[Effects of Alcohol](#)

Lesson 2
[Alcohol and Risk](#)

Lesson 3
[Limits to Drinking Alcohol](#)

Resources

[Alcohol Facts Teacher Guide](#)
Talking Ball
[Drinks Photo cards](#)
[Under the Influence cards](#)
[Safer Drinking Chart](#)
[Differences: True/False quiz](#)
[Additional Activities](#)
[Daily Sensible Limits Chart](#)

Flipchart
[People Drinking pictures](#)
[Drinking question sheet](#)
[Effects of Alcohol cards](#)
[Keeping Safe story](#)

[Alcohol Facts Teacher Guide](#)
Talking Ball
[Alcohol and the Law Quiz](#)
[Alcohol Awareness Adverts](#)

Scheme of Work

Word Box: legal, illegal, alcohol, medicine, nicotine, caffeine, solvents, volatile substance, cannabis, stimulant, depressant, hallucinogen, stereotypes

Programme of Study
Core Theme 1:
Health and Wellbeing

- 2. how to maintain physical, mental and emotional health and wellbeing
- 6. how to make informed choices about health and wellbeing and to recognise sources of help with this
- 8. to identify different influences on health and wellbeing
 - which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety,
 - to differentiate between the terms 'risk', 'danger' and 'hazard'
 - that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources, including people they know and the media

Learning Intentions and Learning Outcomes

Learning Intention
 To explore a range of legal and illegal drugs, their risks and effects

Learning Outcomes
 To know about a range of legal and illegal drugs
 To have some understanding of the effects and risks of illegal drugs

Learning Intention
 To have considered the children's attitudes and beliefs about drug use and drug users

Learning Outcomes
 To explore attitudes to drug use
 To understand that all sorts of people may misuse drugs
 To challenge myths about drug use

Learning Intention
 To have considered strategies to resist drug use

Learning Outcomes
 To know a range of skills to resist peer pressure
 To develop some assertiveness skills

Lesson Title

Lesson 1
[Legal and Illegal Drugs](#)

Lesson 2
[Attitudes to Drugs](#)

Lesson 3
[Peer Pressure](#)

Resources

Blank pieces of paper
 Paper for graffiti boards
[Drugs Facts Teacher Guide](#)
[Drugs Facts cards](#)
[Anonymous Questions template](#)

[Drugs Facts Teacher Guide](#)
[Strongly Agree / Strongly Disagree signs](#)
[Drugs User Images](#)

[Diamond Nine cards](#)
[Pressure Scenarios](#)
[Drugs Facts cards](#)
[Drugs Facts Teacher Guide](#)

Scheme of Work

Word Box: cannabis, volatile substances, accident, dangerous, unconscious, breathing, choking, sniffing, inhaling, recovery, first aid, emergency

Programmes of Study

Core Theme 1: Health and Wellbeing

- 2. how to maintain physical, mental and emotional health and wellbeing
- 6. how to make informed choices about health and wellbeing and to recognise sources of help with this
- 7. how to respond in an emergency
- 8. to identify different influences on health and wellbeing
- which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety
- to differentiate between the terms 'risk', 'danger' and 'hazard'
- that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources, including people they know and the media

Learning Intentions and Learning Outcomes

Learning Intention
To understand the effects, risks and law relating to cannabis

Learning Outcomes
To know what effect cannabis can have on your health and life
To know the legal consequences of using cannabis

Learning Intention
To understand the risk of volatile substance abuse (VSA)

Learning Outcomes
To know the effects and risks of volatile substance abuse
To know how to get and to give help

Learning Intention
To be aware of the options for getting help, advice and support

Learning Outcomes
To have practised communicating with adults
To know how to access help and support

Lesson Title

Lesson 1
[Cannabis](#)

Lesson 2
[Volatile Substance Abuse & Getting Help](#)

Lesson 3
[Help, Advice and Support](#)

Resources

[Cannabis Facts Teacher Guide](#)
[Cannabis Facts Quiz](#)
[Peer Pressure Strategy cards](#)
[Anonymous Questions template](#)

[VSA Fact sheet](#)
[Dialling 999 script](#)
[Peer Pressure Strategy cards](#)
[Anonymous Questions template](#)

Additional Activities
[First Aid Teacher Guide](#)

[Cannabis Facts Teacher Guide](#)
[Problem Page Scenarios](#)

Additional Activities
Internet access